



BUNTS SANGHA'S

**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE &
MANAGEMENT STUDIES
(Autonomous)**

PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC RE-ACCREDITED 'A+' GRADE (2nd CYCLE)
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified
Recipient of Best College Award for 2021-22 by UoM

Student Enrichment Activity Approval Form

Department: F.Y. B.COM B

Program: Orientation session by Counseling Centre, speaker Ms. Aira Singh (Counselor), Ms. Adishri Shetty (Intl.) & Ms. Unnati Doshi (State Board).

Objectives:

To introduce students to the Counseling centre.

To help students attain self-awareness and adjust emotionally, socially, and psychologically.

To help students to help themselves.

Need: The aim is to provide them with the right guidance required to help the students overcome various problems faced by them.

Content: The Speaker is expected to orient students with the activities undertaken by the counseling centre. There will be discussion on various problems faced by today's generation and give them guidance on how to cope up with different situations they tend to face in their life.

Resource Person: Ms. Aira Singh (Counselor), Ms. Adishri Shetty (Intl.) & Ms. Unnati Doshi (State Board).

Date: 08-08-2024

Time: 9:30 am

Venue: 601

Cost/Budget: N/A

Proposed by: B.COM Coordinator

Verified by:

CS. Sandesha Shetty

Vice principal, B.COM & M.COM Coordinator

Dr. Sridhara Shetty

Principal



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Minutes of the meeting - Duty Allocation

DATE: 6th August 2024

Venue: 601

Cost/Budget: N/A


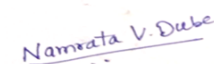
Agenda: Duty allocation for Orientation session by counseling centre.

A meeting was held to allocate duties for the Orientation session by the Counseling centre. CS. Sandesha Shetty allocated the following duties to the class teacher.

The meeting concluded with best wishes from the Coordinator.

Sr. No.	Faculty Name	Work Assigned
1	CS. Sandesha Shetty	Introduction of Counselor
2	Asst. Prof. Namrata (Class Teacher- FYBCOM (B))	Preparation of Feedback & Attendance Link and Action taken report, Vote of Thanks, Report preparation.

Members present for the meeting:

CS Sandesha Shetty- Vice Principal, B. Com. & M. Com. Coordinator	
Asst. Prof. Namrata Dube - FY B.Com B Class In-charge	



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DEPARTMENT OF ACCOUNTANCY & FINANCE

Notice

Date: 6th August 2024

All the students of FYBCOM are hereby informed that an Orientation session by the Counseling center is convened on 8th August 2024 at 9:30 am in your respective class. The attendance is compulsory for all.

Vice principal , BCOM & MCOM Coordinator

Principal

Department of Accountancy and Finance

Presents

ORIENTATION SESSION BY COUNSELLING CENTRE

Date: 8th August 2024

Time: 9:30 am

Program Schedule

Welcome & Introduction of Guest	CS Sandesha Shetty <i>Vice Principal, B. Com. & M. Com. Coordinator, Dept. of Accountancy and Finance</i> Bunts Sangha's S.M. Shetty College of Science, Commerce & Management Studies, Powai
Technical Session	Ms. Aira Singh <i>COUNSELOR.</i> Bunts Sangha's S. M. Shetty College of Science, Commerce & Management Studies, Powai
Question & Answer Session and Vote of Thanks	Ms. Namrata Dube <i>Class Teacher, FYBCOM (B), Dept. of Accountancy and Finance</i> Bunts Sangha's S. M. Shetty College of Science, Commerce & Management Studies, Powai

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Report of the Counseling Center Orientation Session

Date: 9th August 2024

The counseling center orientation session for FYBCOM division B students was organized on 8th August 2024 at 9:30 am in their respective classes.

The session began with an overview of what stress is, its causes and its effects on both mental and physical health. The counselor, Ms. Aira Shetty explained how academic pressure, personal issues and the transition to college life can contribute to increased stress levels among students. She discussed simple and effective self-care practices such as maintaining a balanced diet, getting enough sleep, regular physical activity and setting aside time for hobbies and relaxation. She gave practical tips on how to shift from negative to positive thinking. The students raised concerns about their own experiences with stress and sought advice on handling specific situations.

The session concluded with a vote of thanks from the class teacher, Ms. Namrata Dube, who appreciated the counselor's efforts in addressing such important topics. Feedback was collected from the students, who found the session highly beneficial.

Namrata V. Dube

Asst. Prof. Namrata Dube - FY B.Com B Class In-charge

PHOTOS





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Attendance

S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES POWAI,
MUMBAI-76


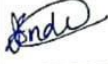




FYBCOM DIVISION- B

Name of the Programme: Counsellor Session

DATE: 08/08/2024

ROLL NUMBER	NAME OF THE STUDENT	GENDER	SIGNATURE
121	ALLEY AMISHA BABU	Female	<i>Amisha</i>
122	AMOLIK SALOMI VIJAY	Female	<i>Salomi</i>
123	ANAVADIYA DHRUV TEJALAL	male	<i>Dhruv</i>
124	ASHER KUSH MITESH		
125	BAANDAL VAIBHAVI KIRAN	Female	<i>Vaibhavi</i>
126	BHALERAO KIRAN KAILAS	female	<i>Kiran</i>
127	BHAVE SAVNI MANOJ	Female.	<i>Savni</i>
128	CHANDOK KRRISH VARINDER		
129	CHAUHAN VIVEK MADAN	Male	<i>Vivek</i>
130	KAUR SIMRAN	Female	<i>Simran</i>
131	CHOUDHARY FAIZAN HUSAIN		
132	CHOUDHARY KARAN MANARAM	male	<i>Karan</i>
133	CHOUDHARY POOJA JAGARAM	Female	<i>Pooja</i>
134	PATEL SUNIL TEJPAL	male	<i>Sunil</i>

ROLL NUMBER	NAME OF THE STUDENT	GENDER	SIGNATURE
135	DERBERE VIKAS YALLAPPA	Male	<u>Vikas</u>
136	GAIKWAD ATHARVA AVINASH		
137	GAIKWAD SAKSHI SANTOSH		
138	GAIKWAD TITIKSHA RAJESH	female	<u>Titiksha</u>
139	GIRI ABHISHEK SHITLAPRASHAD	male	<u>ABHESHEK</u>
140	GORI HUSSAIN SAIF		
141	GOWDA PRITHVI DAMODAR	Male	<u>Prithvi</u>
142	GUPTA DIVYA DURGESH	Female	<u>Divya</u>
143	GUPTA KARTIK VIJAY	Male	<u>Kartik</u>
144	GUPTA KHUSHI RAJMANGAL	Female	<u>Khushi</u>
145	GUPTA PRADEEP NANDLAL		
146	JAIWAR VARSHA YOGENDRA	female	<u>Varsha</u>
147	BONULU MANAV ANAND		
148	KANOJIYA KRISH SANTOSH KUMAR	Male	<u>Krish</u>
149	KHAN AFZAL ABID	Female	<u>Abid</u>
150	KHAN ARSH WASIM		

ROLL NUMBER	NAME OF THE STUDENT	GENDER	SIGNATURE
151	KHAN HAJRA MOHAMMED WASI	Female	
152	KHAN MOHAMMED SUHAIL NAFEEES		
153	KHAN SHADAB SAGEER		
154	KHAN TEHZEEN ILYAS	Female	Tehzeen.
155	KONAR INDUSHRI SUDALAI MANI	Female	
156	KOYANDE JEET RAJENDRA	Male	Koyande
157	MOGAVEERA ROHIT VASU		
158	MOHAMMAD AMIN FAIJULLAH	Male	
159	MOHANAN SOHAN .		
160	MOHD ARSHAD MOHD AYYUB		
161	MOLLA MUSKAN ASRAB	female	Muskan
162	SHAH KAIF AHMED	male	
163	NOR VARSHA ARVIND	Female.	
164	PADWAL PALLAVI VIJAY	Female	
165	PANDE SHARWARI MAHESH	Female	Sharwari
166	PANDE TANMAY SACHIN	Male	Fande

ROLL NUMBER	NAME OF THE STUDENT	GENDER	SIGNATURE
167	PANWAR SONU BHEEKARAM	Female	<u>Sonu</u>
168	PATIL ROHAN RAVI		
169	PATTANAYAK ANANYA AVIJIT		
170	PAWAR ANKITA VIJAY	Female	<u>Ankita</u>
171	POOJARY SWAYAM MANJAPPA	Male	<u>Swayam</u>
172	PULI SUDESH SADANAND	Male	<u>Suli</u>
173	QURESHI UMER AHMED KALAMUDDIN	Male	<u>Umes</u>
174	RAJBHAR BRIJBHUSHAN UDAYRAJ	Male	<u>Brijbhushan</u>
175	RAM SAHIL KANCHAN	Male	<u>Sahil</u>
176	RISHI AAYUSH	Male	<u>Aayush</u>
177	SAHOO RAJLAXMI SURESHCHANDRA	Female	<u>Rajlaxmi</u>
178	SAHU RISHAB KUMAR	MALE	<u>Rishab Kumar</u>
179	SAKKAR JOEL JOSHUA	MALE	<u>Joel</u>
180	SANGHIVI DISHA YOGESH	female	<u>Disha</u>
181	SAYED AZEEM ALEEM	Male	<u>Azeem</u>
182	SAYYED SHAFIYA JAHANGIR		

ROLL NUMBER	NAME OF THE STUDENT	GENDER	SIGNATURE
183	SHAH MAMTA SANJAY KUMAR	Female	Mamta
184	SHAH REHAN MOHAMMED NAIEEM	Male	Rehan
185	SHAIKH ASAD HUSAIN	Male	Asad
186	SHAIKH HASAN ISMAIL	Male	Hasan
187	SHAIKH MUBASHERA MAGBOOL	Female	Mubasher
188	SHAIKH REHAN SALKM		
189	SHARMA ROHIT NARENDRA		
190	SHARMA VEDI VIJAY	Female	Vedi
191	SHETTY DHANUSH MANOJ	Male	Dhanush
192	SHETTY DIVITH SRIKANTH	Male	Divith
193	SHETTY JEEVIKA VISHWANATH	Female	Jeevika
194	SHETTY PRATHMESH NARESH	Male	Prathmesh
195	SHETTY SAANVI SURESH	Female	Saanvi
196	SHINDE PRAJWAL DATTA	Male	Prajwal
197	SHINDE RAJESHWAR MAHESH	Male	Rajeshwar
198	SHUKLA AALEKH SANDEEP	Male	Aalekh

ROLL NUMBER	NAME OF THE STUDENT	GENDER	SIGNATURE
199	SIDHPUR VICTORIYA FRANSIS		
200	SINGH DEVANSH DILEEP	Male	<i>Devansh</i>
201	SINGH KINJAL JITENDRA	Female	<i>Kinjal</i>
202	SONI SNEHA RAMESH	Female	<i>Sneha</i>
203	SUJAN GOWDA KUMAR	male	<i>Sujan</i>
204	SUTHAR TANISHA SURESH	Female	<i>Tanisha</i>
205	SUVARNA BHAVISH ROHIT	Male	<i>Bhavish</i>
206	THAKUR RIYA MANOJ	Female	<i>Riya</i>
207	THAKUR SUMIT SANJAY	Male	<i>Sumit</i>
208	THOMBRE BHOOMI VINOD	Female	<i>Bhoomi</i>
209	VERMA RISHABH RAJESH	Male	<i>Rishabh Verma</i>
210	VIRPAL SINGH SURJEET SINGH SANDHU	male	<i>Virpal</i>
211	YADAV AASHTHA RAMBACHAN	Female	<i>Aashtha</i>
212	YADAV AJIT MUNIRKA		
213	YADAV KAJAL RAMESH	Female	<i>Kajal</i>
214	YADAV YOGESH GULAB	Male	<i>Yogesh</i>

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215	GADE PUJAN SURESH		
216	GAIKWAD PRITI SHALUMAN		
217	HATHIYANI MAYUR MAVJI	male	<i>Mavji</i>
218	JOSHI SHRAVAN NITIN		
219	KHAN AFREEN MASIULLAH	Female	<i>Afreen</i>
220	KHAN SAINA AFTAB	Female	<i>Skhans</i>
221	KHAN YASEEN	Male	<i>Y</i>
222	KHAN ZAMAN MOHAMMAD HASAN	Male	<i>Z</i>
223	MANSURI MOHD FARHAN AABID ALI	male	<i>Farhan</i>
224	RANE PALLARI PRASHANT	Female	<i>P</i>
225	SHAIKH ALISHA ASIF		
226	SHAIKH ANAS MOHAMMED	Male	<i>Anas</i>
227	SHAIKH ZAINUL AABEDIN ZAKIR HUSSAIN		
228	SHARMA DEEPALI DINESH	Female	<i>Deepali</i>
229	SHARMA KRISHNA VINOD	male	<i>Krishna</i>
230	SHETTY PREETESH CHANDRASHEKHAR		
231	YADAV PRAVIN DINESH		
232	ACHARYA SHAILESH KRISHNA	Male	<i>Shailesh</i>

ROLL NUMBER	NAME OF THE STUDENT	GENDER	SIGNATURE
233	SHETTY CHIRAG ASHOK	Male	<u>Chirag</u>
234	PATEL MOSIN MOHAMMED	Male	<u>Mosin</u>
235	DALVI ISHA PRAVIN	female	<u>Isha</u>
236	BANGERA SHREEKANTH JAYA		
237	PALIWAL RUDRA NARESH	Male	<u>Rudra</u>
238	PALIWAL DHANIK DINESH	Male	<u>Dhanik</u>
239	SHETTY DEEKSHA SUDHAKAR		
240	RAI NIMISH	male	<u>Nimish</u>



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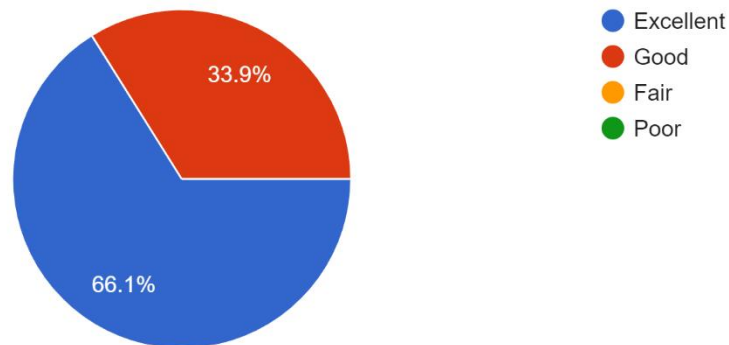
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Feedback Analysis

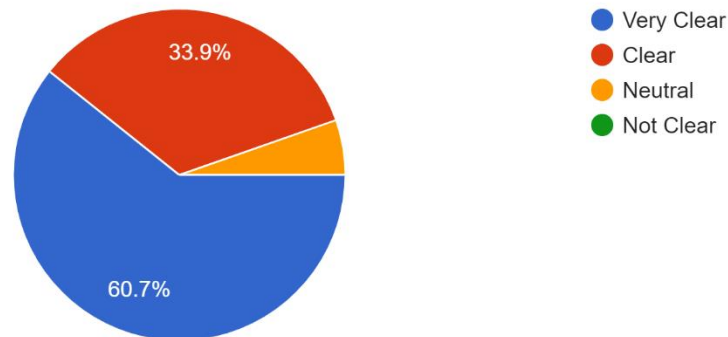
How would you rate the overall content of the counseling session?

56 responses



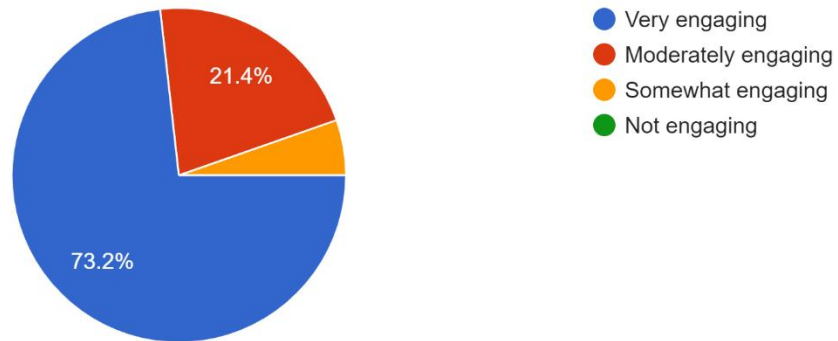
How clear and understandable was the information presented in the session?

56 responses



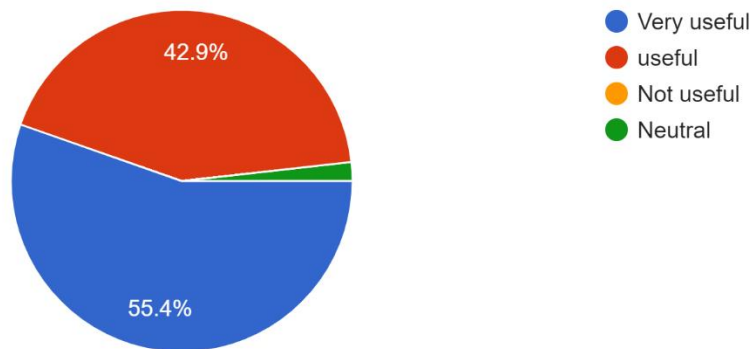
How engaging was the speaker/facilitator?

56 responses



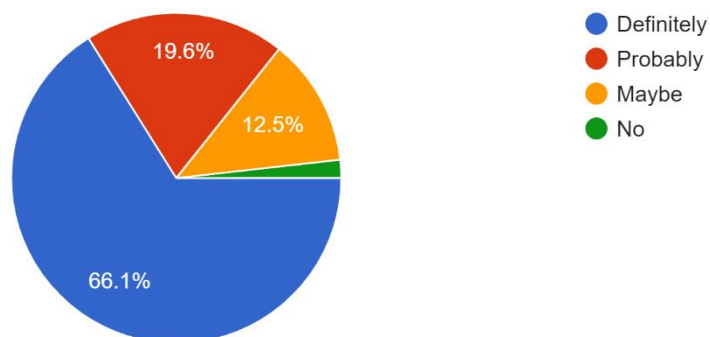
Did you find the strategies discussed for managing stress to be useful?

56 responses



Would you like to attend this type of session in future

56 responses





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ACTION TAKEN REPORT

Actions taken by the B.COM Department for the feedback provided for the **Orientation Session** by the Counselling Center:

DATE	Feedback Received	Action Taken
8 th August 2024	<ul style="list-style-type: none">• Participants appreciated the intention behind the event and gained immensely from the same.• It is recommended by the students that similar sessions be conducted regularly to continue supporting the mental health and well-being of the students.	B.COM Department will organize more such events for students.